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**Selected lifestyle related risk factors among teachers in Kagalle MOH area**  
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Though teachers are a well-educated group,unhealthy dietary habits and obeicity were high among them.Futher more,the numbers who consciously engaged in physical exercise was low and even among those who practice excercise,majority engaged in only mild excercise.Though, among male teachers smorking prevelence was very much lower than general population,alcohol consuption ,concumed at a lower level.was still quite high.a positive factor was that job related stress was very low among teachers.It is recommended that giving skills to tachers on selection intake of proper nutritious food,to engage in physical exercise and to make supportive enviorment for non smoking and non alchohol consuption will help to improve the lifestyle of not only the present generation but of the future generation too.